Use all five forms of sun protection




# ARARAT NORTH PRIMARY SCHOOL SunSmart Policy

## Rationale

Too much ultraviolet (UV) radiation exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

## Purpose

Given school hours and activities fall within peak UV periods of the day, this comprehensive evidence-informed policy provides guidelines on effective UV protection strategies.

This SunSmart policy provides guidelines to;

- ensure all students and staff are protected from over-exposure to UV radiation,
- ensure the outdoor environment provides shade for students and staff,
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection,
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimize harmful UV exposure for students, staff and visitors.

## Scope

This policy applies to all;

- students, staff, volunteers, visitors and contractors,
- activities and events on and off-site including; recess/lunch, outdoor lessons, assemblies, PE and sports classes, interschool sports activities, excursions, camps and free dress days,
- school environments and environments where school-related events occur.

## Definitions

- **Ultraviolet (UV) radiation** - a type of energy produced by the sun and some artificial sources, such as solariums and collariums. UV can't be seen or felt. The sun's UV can reach you directly and also indirectly (reflected off different surfaces and scattered by particles in the air). At least 95% of skin cancers are caused by UV exposure.
- **Sun protection times** - a forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher (when sun protection is recommended for all skin types). In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April. Sun protection times are available for various locations across Victoria, nationally and globally on the free SunSmart Global UV app.
- **Sun protection** - a combination of strategies (clothing, hats, sunscreen, sunglasses and shade) to protect from UV.
- **Shade** - a barrier (built, natural or temporary) that protects from direct UV. Good quality shade can reduce UV by up to 75%. Shade design should also incorporate indirect UV protection through the choice or modification of surrounding surfaces (e.g., dark, natural rough surfaces that reflect less UV).

## Implementation

Staff and students are encouraged to access, display and communicate the daily local sun protection times via the free SunSmart Global UV app, sunsmart.com.au or bom.gov.au.

The sun protection measures listed in this policy are used for all outdoor activities **during the daily local sun protection times.** Implementation only in Terms 1 and 4 is **insufficient** to protect against UV exposure risks.

## Procedures

### 1. Environment

Shade: *Seek* shade

- The school council/board ensures there is enough shade (natural, built, temporary) available in the school grounds, particularly in high-use areas– for example where students have lunch, canteen, popular play spaces/equipment, assemblies, sports and outdoor lessons.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to choose and use available areas of shade when outside.
- The school council/board ensures shade provision and UV reflective surfaces are considered in plans for refurbishments and future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

### 2. Behaviours

School uniform/dress code

Clothing: *Slip* on sun protective clothing

- Both the school uniform/dress code and sports uniform/dress code include;
  - Cool, loose-fitting, sun protective clothing made of densely woven or UPF rated fabric,
  - Shirts with collars and elbow-length sleeves,
  - Longer-style dresses, skirts, shorts and pants,
  - Rash vests or t-shirts for outdoor swimming and water sport activities.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun.

Hats: *Slap* on a sun protective hat

- All staff and students wear broad-brimmed, bucket or legionnaire hats that protect their face, head, neck and ears, whenever they are outside.
- Caps and visors are not considered a suitable alternative.
- Students without a sun protective hat are provided with a spare hat where possible.
- Students without an appropriate hat will be asked to use shaded areas or suitable areas protected from the sun.

Sunscreen: *Slop* on sunscreen

- The school supplies SPF50+ broad-spectrum, water-resistant sunscreen for staff and students to use.
- Students provide their own SPF50+ broad-spectrum, water-resistant sunscreen. This is included on the school's booklist each year.
- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies) with time for this scheduled into the daily routine.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming e.g. towel dry and then re-apply).

Sunglasses: *Slide* on sunglasses *[if practical]*

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## Governance and leadership

Staff role-modelling and OHS

- As part of OHS UV risk controls and role-modelling, staff;
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses,

- apply SPF50+ broad-spectrum, water-resistant sunscreen, and
- seek shade whenever possible.

- SunSmart information is included in staff handbook/orientation materials and during new staff induction.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- UV radiation exposure is considered as part of the school's risk management and assessment for all outdoor events and activities on and off-site, e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

## School and community engagement

### Families and visitors

- For their own safety and to reinforce our school's sun protection strategies, families, visitors, contractors and volunteers are also asked to;
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses,
  - apply SPF50+ broad-spectrum, water-resistant sunscreen, and
  - seek shade whenever possible.

## School curriculum

### Learning

- Sun protection and UV safety education is incorporated into the Health curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school including taking leadership roles in managing sun protection for the whole school community e.g. accessing daily sun protection times, hat and sunscreen application reminders, and supporting other students to be SunSmart.
- SunSmart behavior is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school website/intranet/noticeboard, staff meetings, school assemblies, student and teacher activities and at student enrolment / orientation.

## Monitoring and review

- The school council, staff and students/SRC monitor and review the effectiveness of our SunSmart policy (at least every five years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.
- The school's SunSmart policy is easily accessible to staff, students and parents via the school website.
- Our school is committed to our SunSmart membership and completes a policy review and membership renewal with SunSmart at https://www.sunsmart.com.au/advice-for/schools-early-childhood/renew-your-sunsmart-membership at least once every five years.
- As registered SunSmart members, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented. SunSmart will be notified of any changes to our policy.

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| Policy last reviewed: | August 2026 |
| Approved by: | Principal – Jess Erhardt |
| Next scheduled review date: | August 2029 |